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Vancouver mayor, families and unions commemorate national Day of Mourning

metroNEWS

JENNIFER GAUTHIER/FOR METRO

MLA wants 'system fixed' for landlords, tenants

HOUSING

Handling of review report questioned

Neal Hall
For Metro Vancouver

A Vancouver MLA got an angry response from the housing minister Thursday when questioned in legislature about why recommendations were removed from a report on the government's review of administrative penalties involving bad landlords.

NDP MLA Spencer Chandra Herbert explained that he recently did a freedom-of-information (FOI) request about the review of administrative penalties for bad landlords and received documents showing recommendations were made in the review's draft report.

He said the recommendations were redacted in the FOI documents.

"When the review was released (last month), there were no recommendations at all," Chandra Herbert said.

The MLA raised the matter Thursday with Housing Minister Rich Coleman during question period in the legislature in Victoria.

"He didn't really respond to me," Herbert said. "He said I was obnoxious."

He believes the question deserves a government response.

"I want to see the system fixed for tenants and landlords," Herbert said.

The ministry issued a statement Thursday, saying the administrative penalty review was never intended to include recommendations, but after the review was completed, the Residential Tenancy Branch presented the minister with a decision note, which included recommendations for next steps, and the minister's decisions are now being implemented.

"That decision note was outside of the scope of the FOI request," the ministry said.

Administrative penalties, Herbert said, are supposed to be used against bad landlords and tenants who repeatedly break the law, but the review found only one administrative penalty has been issued between 2012 and 2015.

The single case involved a $115,000 penalty against a Surrey landlord who repeatedly failed to fix a building and put the safety of tenants at risk.

In the end, the landlord wasn't forced to pay the penalty, Herbert said.

"The government allowed the company to fix the problems and wrote off the fine," he said. "What kind of penalty is that to perpetual lawbreakers?"

Herbert first raised the issue last year, saying the penalties meant to protect renters from bad landlords have proven to be toothless.

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metro NEWS
Your essential daily news

She's a refugee baby trying to get to Germany. Her name is Serbia Merkel. **World**

Dispensary defies closure

CRACKDOWN

Old marijuana shop is not in compliance with new rules

Neal Hall
For Metro | Vancouver

One of Vancouver's oldest medical-marijuana dispensaries is vowing to defy the order to lock up shop by midnight Friday after being refused under the city's new regulatory regime.

"We're not going to close," said Dana Larsen, the founding director of The Medicinal Marijuana Dispensary.

"We've not been approved yet," he added, pointing out that the non-profit society operates two dispensaries — one at 880 East Hastings, which opened in 2007, and another at 1182 Thurlow at Davie, opened in 2010.

Both were rejected under the city's new regulations for pot dispensaries.

"We were the third one in the city and the first to call ourselves a dispensary," Larsen said.

The new regulations, adopted in June last year, require dispensaries to be at least 300 metres from schools, community centres, youth facilities or another medical-marijuana shop.

The Thurlow location was found to be 270 metres from a learning annex.

Dana Larsen, founding director of The Medicinal Marijuana Dispensary. THANDI FLETCHER/METRO FILE

"The kids are all under 10 and they're not going to be out looking for marijuana," Larsen said of the annex.

The Thurlow dispensary has an appeal before the Board of Variance on May 3, so Larsen hopes the city won't try to close the shop before the hearing.

"If they close down the dispensaries, all it will do is push pot back underground to where it's not regulated and controlled — no age limits, no taxes," Larsen said.

He may have to fight in court if the city gets tough with enforcement measures, he added, predicting many of the dispensaries who have appeals pending will defy the closure order.

"We're being treated twice as severely as alcohol," Larsen said, adding it reminds him of the 1990s when the city tried to ban "bong shops," which sell pipes and paraphernalia to smoke marijuana.

"They spent thousands trying to shut down the bong shops, which are still there," said Larsen, 45, a marijuana activist and founder of the BC Marijuana Party.

More than 100 dispensaries in Vancouver are facing enforcement action starting Saturday.

The city's chief licensing inspector, Andreea Toma, said this week that inspectors will initially hand out $250 tickets to non-compliant shops.

Toma said the city can take legal action by seeking an injunction in B.C. Supreme Court to shut down the stores.

Last October, the city refused 140 of the 176 preliminary development permit applications for medical- marijuana-related-use (MMRU) businesses because they were not in permitted zones or did not meet distancing regulations from schools, community centres, youth facilities or another MMRU.

Stores already open at the time of refusal have been allowed to operate for six months while they search for new sites. However, those stores must close by Saturday if they haven't found a new location and submitted a revised application.

Only seven have been issued development permits, with another 13 applications under review.

Melissa De Genova, a Vancouver councillor with the Non-Partisan Association, said Thursday that the crackdown on non-compliant shops is "a waste of time and money by the city."

> **We're being treated twice as severely as alcohol.**
> Dana Larsen

Tickets with fines of $250 will just be the cost of doing business for the marijuana dispensaries, she added. As she understood the enforcement measures, tickets can only be handed out once a week.

"That's $1,000 a month, $12,000 a year. A licence costs $30,000 a year," De Genova said, adding she was told that one shop is grossing $3.4 million a year.

SITE C DAM

BC Hydro seeking to evict group

BC Hydro is going to court in a bid to evict opponents of a hydro-electric dam project camped outside their downtown office.

The utility filed a notice of civil claim and an application for an injunction in B.C. Supreme Court Wednesday, alleging protesters opposed to the company's Site C dam project are trespassing and causing the company harm.

The protesters have been stationed outside the company's head office 24 hours a day since March 13, after a B.C. Supreme Court judge granted an injunction to remove protesters from a tent camp at the $8.8 billion megaproject's construction site near Fort St. John, B.C.

Documents filed for the new injunction application allege protesters have vandalized the building, urinated, defecated and smoked marijuana on the property, dug up portions of the lawn, and harassed and intimidated employees, visitors and passers-by.

None of the allegations have been proven in court.

Kristin Henry, a protester named in the court documents, said she was surprised by the injunction. She said she has not been staying at the camp since she was hospitalized after a hunger strike last month, but has visited and the protest is going well.

"Things are peaceful and happy and wonderful," she said. "I think the news ... will come out as a pretty big surprise because we're totally within our rights to publicly protest a public issue."

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Mayor Gregor Robertson is offered a rose as the procession is led to the Line of Work, following the Day of Mourning Ceremony. The event was held at Jack Poole Plaza. JENNIFER GAUTHIER/FOR METRO

Arborist honoured at Day of Mourning

CEREMONY

Last year saw 13 work-related deaths in the Vancouver area

Thandi Fletcher
Metro | Vancouver

A Vancouver Park Board arborist who died on the job last month was honoured Thursday by Mayor Gregor Robertson at a Day of Mourning ceremony.

"It was a real tragedy for the park board, the city and all his co-workers," Robertson said of Jody Taylor, 43, who died March 31 while he was removing an unsafe tree in Connaught Park.

The mayor, noting it was the first death of a city employee in about 20 years, credited "the labour unions who fought so hard for workplace safety."

He added: "Year after year we hear of so many tragedies across the province."

The ceremony was held in the Jack Poole Plaza, where the Olympic Cauldron was lit to commemorate workers who have been killed and injured on the job.

Members of the International Longshore and Warehouse Union, dressed in black, carried a wooden coffin and laid it in front of dozens of flower wreaths to honour workers killed, with the names of the killed ILWU workers on placards worn around the necks of union members.

Among those gathered for the ceremony were the families of victims.

> **We mourn for the dead and continue to fight for the living.**
> Irene Lanzinger

There were 13 work-related deaths in the Greater Vancouver area last year and 122 in B.C. — 50 resulting from traumatic injuries and another 72 caused by occupational disease, mainly from exposure to asbestos decades ago.

Irene Lanzinger, president of the BC Federation of Labour, told the gathering that asbestos exposure is the No. 1 workplace killer. She called for a ban on asbestos used in such products as brake shoes and cement pipes.

"We mourn for the dead and continue to fight for the living," Lanzinger said.

Mary-Jaye Salmon recalled how her father, Gerry Salmon, died on the job in a car accident in 1982 while he was working as a accident prevention officer for the Workers' Compensation Board.

She was 18 at the time and training to become a carpenter. Her mother had earlier died of cancer. In a split second, she said, she was without parents and her life was changed forever.

"My father's death reminded me that no one is invincible," said Salmon, who now is an accident prevention officer with WorkSafe BC who has dealt with 13 workplace fatalities.

STUDY

Overuse of antibiotics can accelerate Type 1 diabetes

Neal Hall
For Metro | Vancouver

Giving antibiotics over a long period of time to children who are susceptible to Type 1 diabetes may disrupt their gut bacteria and accelerate onset of the disease, suggests new research from the University of British Columbia.

The study looked at mice that are susceptible to diabetes, finding the animals had more harmful and less beneficial bacteria than those resistant to the disease. Long-term exposure to antibiotics disrupted the gut bacteria in these mice, in turn accelerating the onset of diabetes.

Deanna Gibson, biology professor at UBC's Okanagan campus and the study's senior author, said she and her colleagues were surprised by the findings.

"We had actually hypothesized that the antibiotics maybe would supress diabetes because we knew that there was pathogenic bacteria in the intestine in certain genetically susceptible individuals," she told Metro.

"We were trying to actually suppress that but what we ended up doing was enhancing those microbes."

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Finding his art, place, identity

Lodge a home for both vulnerable and talented indigenous people, including Jonathan Erickson

CAFÉ POLITICS

DRAWING ON HERITAGE

Tereza Verenca
For Metro | Vancouver

An artist-in-residence at Vancouver's Skwachàys Lodge is praising the indigenous hotel and gallery as "a place of transformation."

Every morning, Jonathan Erickson of the Nak'azdli and Kitwanga First Nations wakes up, grabs a coffee from the Tim Hortons across the street and returns to his apartment in the 31 West Pender St. building. There, he sits for hours at his desk and perfects his craft: silver and gold jewelry carving. Sometimes, he paints.

The downtown facility opened in 2012 and is owned by the Vancouver Native Housing Society. It provides 24 shelter rate apartments for indigenous people at risk of homelessness.

The top three floors, meanwhile, contain 18 hotel rooms for tourists and for indigenous patients travelling to Vancouver from remote areas to receive medical treatment.

At the ground level, there's the Urban Aboriginal Fair Trade Gallery, where artists-in-residence showcase and sell their work.

Erickson is only three months into his three-year residency but says it's been "awesome."

Life wasn't always like that, though.

Erickson battled with depression and drug addiction on and off over the years. He found himself engaging less and less with his drawings, a passion he discovered at a young age while watching his brother sketch Conan the Barbarian.

"I drew from what I knew, from what I saw in books and in libraries — never had any formal teaching. I just kept doing it like that, just a hobby, drawing pictures and paintings for a few commissions here and there."

In 2012, Erickson graduated from Native Education College with a Northwest Coast jewellery arts certificate. He was so gifted at the time that his teachers let him bypass the drawing, painting and woodworking classes and go straight into metal work.

In what he calls his spiritual awakening last October, Erickson decided to get help and get clean. He's been sober for six months now.

> **It's about being raised white with a red background and coming into my true colours.**
> Jonathan Erickson

Jonathan Erickson, who carves jewelry and paints, holds the special piece that hangs in his hallway. TEREZA VERENCA/FOR METRO

He also longed for a better work space, better than the "closet" he worked out of in his Coquitlam home. He applied for a Skwachàys residency in January and was accepted for the February move-in date.

Asked what he enjoys most about carving, Erickson said it's the storytelling.

"I didn't know much about my culture growing up. It wasn't until this program I learned about my background," said the father of four, who was adopted at the age of three by a Caucasian family. "That's where I learned about the residential-school system. Basically all that information and knowledge has been put into my artwork."

One painting in particular hangs in Erickson's hallway. It's of two ravens — one black, one white — juxtaposed against a red and black background, respectively.

"It's about being raised white with a red background and coming into my true colours," he said.

James Hunter, artist and residence program co-ordinator, is calling on cities across the country to adopt Skwachàys' business model, the first of its kind in Canada. He said many indigenous artists who are at risk of homelessness or have low income are often very talented but don't have a safe place to go to.

"We're trying to create a community that's clean, safe and sober where people can heal," he said, adding word has definitely got out about this hidden gem.

"There's a wait list forming."

FOOD NOTES

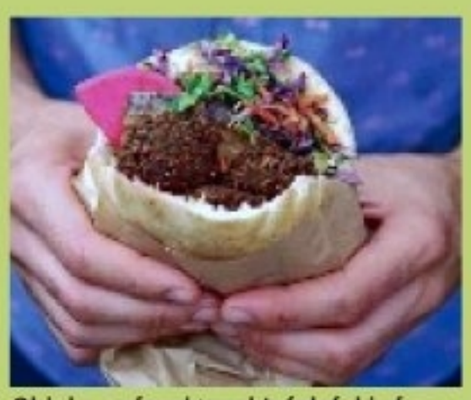
MEDITERRANEAN FARE ON WHEELS

Erin Ireland
Metro | Vancouver

Vancouver needs more good falafel and plant-based cuisine.

That was one of the motivating factors behind our city's newest food truck, Chickpea, owned and run by Israeli-born business partners Itamar Shani and Rotem Tal.

Driven by their love of cooking, the pair has, tirelessly, been dishing up fresh, super-stuffed falafel pitas (my favourite), sabich platters (fried, crunchy eggplant and soft potatoes), kasum hummus plates (crispy cauliflower with turmeric mushrooms) and more Mediterranean-inspired goodness since the soft launch on March 28.



Chickpea food truck's falafel is far from awful. ERIN IRELAND/FOR METRO

"We're actually a bit overwhelmed by the immediate and massive response," Rotem said. "This is only our second week out, and the summer is more than half-booked with festivals and private events."

Both Itamar and Rotem have worked in kitchens since they were teenagers, and their Israeli upbringing instilled in them a strong respect for food.

"We both grew up learning the value and privilege of access to wholesome, tasty food," Rotem said. "Itamar was kicked out of his home as a young teenager because he wasn't 'religious enough.' He had to fend for himself. As a result, we handle each chickpea with care and respect."

The pair have secured an absolutely prime downtown location: find them at Cordova and Hornby, where they'll be serving the lunch crowd most weekdays from 11:00 a.m. to 3 p.m. Weekends are for roaming, but 33 Acres and Brassneck Brewery are their usual haunts. Check Twitter or the Street Food App to confirm their location.

ilovechickpea.ca

THINK BIG. LIVE LOCAL

A sailboat in English Bay, with a view of Stanley Park and the city skyline. CONTRIBUTED

No need to be old, rich, male to go out and sail

VANCOUVER TRENDING

SEA CHANGE

Amy Logan
For Metro | Vancouver

Katy Campbell, owner and head instructor at Sea to Sky Sailing in West Vancouver, has some ideas about why sailing is gaining popularity with a wider range of people.

"It's the freedom, independence and self-sufficiency it offers" she said.

As a woman in her 30s, Campbell represents a new generation of sailors in Vancouver. Once seen as the domain of wealthy older men, the sailing world is becoming more accessible to people of all ages, incomes and abilities, and that accessibility is translating into a growing popularity in the city.

Campbell thinks the Internet is making it easier for those without a sailing background to enter the field. The information they can glean about clubs, boat co-ops and racing teams means they "don't necessarily need a strong personal network to begin with," she said.

The yachting industry has traditionally been associated with "high prestige," said Campbell. But things are changing. These days, as she put it, "You can find sailboats on Craigslist for less than the price of a used car."

Vancouver is host to numerous sailing schools and boat co-operatives, allowing those without access to a boat to learn new skills and get experience. The Jericho Sailing Club, Simply Sailing School, Vancouver Sailing School and Cooper Boating, to name just a few, offer a variety of classes at every level, and some offer drop-in sailing. The Disabled Sailing Association of BC operates eight specially designed sailboats for people with significant physical disabilities, offering a strong sense of freedom.

For those who want access to a boat but can't afford their own, Jib Set, Discovery Yacht Club, Waterline Sailing Co-op and Kitsilano Yacht Club provide co-op opportunities with access to communal sailboats and the chance to participate in club events, races and regattas.

"Sailing is the ultimate shared experience. It pushes you beyond your comfort zone every day," Campbell said. "There's always something new to learn."

HEALTHY OBSESSION

FINE-ART FITNESS

Get your physique en pointe with ballet

Thandi Fletcher
Metro | Vancouver

Many a little girl has daydreamed about becoming a ballerina, but for most, the fantasy has come and gone — until now.

A new ballet-inspired fitness craze is sweeping Vancouver, letting adults relive the pliés and pirouettes of their youth while also raising the bar on their workouts.

At Pure Barre, in Kitsilano, owner and instructor Tanya Schneider says she's already seeing a large turnout of clients.

"I think ballet barres do better than drinking bars," she says with a laugh. "One of the reasons why I think it's taking off in the city is because it's such a great complement no matter what your physical-activity goals are."

The high-energy classes at Pure Barre, which is soon opening a new location in Yaletown, are packed with mat exercises, Pilates-style crunches and tons of squats at the barre with small pulsing movements that push muscles to the point of feeling like jelly. If there's music playing over the speakers, no one seems to hear it as they intently listen to the instructor's commands.

While a background in dance might seem to be a requirement, Schneider says it isn't necessary. In her classes, she says, clients will never be asked to find "first position" or to do an arabesque.

Many clients, especially runners, find the exercises complement their other fitness pursuits. For others, the appeal is a desire to achieve that "long, lean dancer's body," she says.

But if people are taking barre purely for vanity reasons, Schneider warns they're likely not going to last long "because it's really hard."

Meanwhile, studios such as Ballet Lounge, which opened its doors earlier this month on Granville Street, offer more traditional classes.

Studio owner Suzy Kaitman, who is also a classically trained ballerina, developed her own trademarked ballet-inspired fitness classes, called Ballet Fit.

Using a barre lit up with an LED light, clients are led through what Kaitman describes as an "adult ballet class" as house music blasts over the speakers.

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In search of faster internet

How fast is the Internet in your province? A new study by the Canadian Internet Registration Authority shows Internet speeds are typically much faster in Eastern Canada.

Luke Simcoe
Metro | Toronto

If you're looking for faster Internet in Canada, head east.

A report released Thursday by the Canadian Internet Registration Authority (CIRA) shows a marked disparity between the speed and quality of Internet access in eastern and western cities.

Boasting an average download speed of 22.3 megabits per second, Toronto topped the list, followed by Ottawa and Montreal. In contrast, Vancouver, Edmonton and Winnipeg all landed in the bottom half of the rankings.

CIRA president Byron Holland said it's difficult to pinpoint exactly why Toronto is a better place to Netflix-and-chill than Edmonton, but he suspects the presence of Internet exchange points (IXPs) plays a role.

IXPs allow Internet service providers (ISPs) to connect with each other and major content providers, like Google or Netflix, for example, to ensure faster connections between their networks. The country's largest IXP is located in Toronto, while those in cities like Calgary and Vancouver are just getting off the ground, Holland said.

"If you're in a city that doesn't have an IXP, then any Internet transactions you make, chances are they'll have to travel quite a distance before they get back to you," he said.

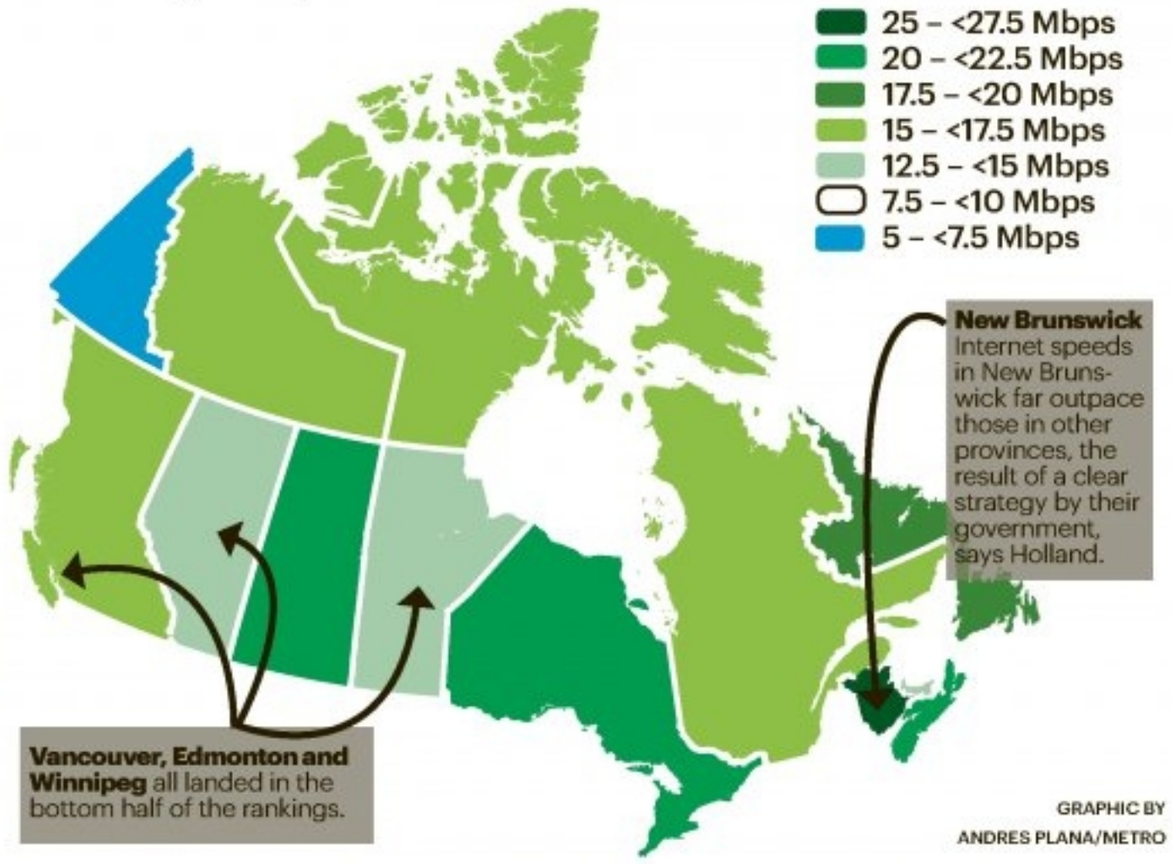
Rather than stoke western alienation, Holland hopes the results of the study will encourage residents in areas with poorer online performance to demand better from ISPs and the government.

Among the study's other findings was that Internet speeds in rural and northern Canada were 25 per cent slower than those in urban areas.

"It really demonstrates that people in rural communities are being left behind," said Fenwick McKelvey, a Concordia University professor who studies Internet performance.

McKelvey said it's incumbent on the federal Liberals to create a national broadband policy to address disparities in Internet quality and access.

"Prime Minister Justin Trudeau loves to talk about quantum computing, but he hasn't spoken much about everyday computing," he said.


25 – <27.5 Mbps
20 – <22.5 Mbps
17.5 – <20 Mbps
15 – <17.5 Mbps
12.5 – <15 Mbps
7.5 – <10 Mbps
5 – <7.5 Mbps
New Brunswick Internet speeds in New Brunswick far outpace those in other provinces, the result of a clear strategy by their government, says Holland.
Vancouver, Edmonton and Winnipeg all landed in the bottom half of the rankings.

GRAPHIC BY ANDRES PLANA/METRO

TECHNOLOGY

Are you living in the fast lane?

Which cities have the best Internet in Canada? CIRA has ranked them all, listed from first to last. Is your city featured here?

- Toronto
- Ottawa
- Montreal
- Fredericton
- Saint John
- Quebec City
- London
- St John's
- Mississauga
- Brampton
- Calgary
- Hamilton
- Halifax
- Markham
- Gatineau
- Longueuil
- Burnaby
- Charlottetown
- Vancouver
- Victoria
- Edmonton
- Surrey
- Whitehorse
- Winnipeg
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Serbia Merkel seeks Germany

REFUGEES

Newborn baby represents dreams for better life

A baby named Serbia Merkel Al Mustafa sleeps in the "Krnjaca" collective centre, in Belgrade, Serbia on Thursday. Serbia for the country where she was born just a few days ago, Merkel for the German leader where her Syrian refugee parents want to go. DARKO VOJINOVIC/THE ASSOCIATED PRESS

She has wide brown eyes, rosy cheeks and thick black hair. Her name is Serbia Merkel al-Mustafa.

Serbia for the country where she was born just a few days ago, Merkel for the leader of Germany, where her Syrian refugee parents want to go in their desperate attempt to escape the war at home.

The al-Mustafa family is among hundreds of refugees stuck in Serbia after Austria and several Balkan nations shut their borders to migrants this winter. But the route that saw one million people reach Western Europe last year seems to be picking up in pace once again — and the family of four has high hopes of reaching their dream location soon.

"Inshallah, we will be in Germany one day," Jaafar, the proud father, said Thursday as he caressed his tiny daughter's cheeks inside a cramped room with bunk beds at a drab refugee camp near Belgrade, the Serbian capital.

"We walked across mountains, nearly drowned in the rough seas," Jaafar said, holding the baby as mother Rasmyah tenderly watched after leaving a Belgrade maternity hospital just a day before. "Nothing will stop us now."

Serbia Merkel is just one of many who have been born during the largest exodus into Europe since World War II. And she is not the only one named after Angela Merkel, the German chancellor, for her welcoming policies toward migrants from the Middle East, Africa and Asia.

Serbia Merkel and her family are among hundreds of migrants stuck in Serbia after the closure of the Balkan route for passage to more prosperous European nations. DARKO VOJINOVIC/THE ASSOCIATED PRESS

But since the closure of the Balkan migration route and a European Union deal with Turkey to deport some migrants back there, things have gone sour for the migrants. Thousands have been stuck in Greece, many camping in appalling conditions on the border with Macedonia, and thousands more have been forced to turn to human traffickers.

Jaafar al-Mustafa, a 27-year-old who walks with a metal cane, thinks Macedonian police let them into the country from Greece because they felt pity for the family that also included 20 month-old Sarah and his heavily pregnant wife, 23-year-old Rasmyah.

"We have walked most of the way to Serbia," he said. "My wife started getting pains while walking. Lucky we made it to here before she started giving birth."

The migrants stuck in Serbia, including many children, are trying to figure out how to proceed deeper into Europe. Most hope to cross into Hungary and then Austria, despite those governments' tough stances toward refugees. THE ASSOCIATED PRESS

PRINCE

Police look into overdose report

Investigators are looking into whether Prince died from a drug overdose and whether a doctor was prescribing him drugs in the weeks before he was found dead at his home in suburban Minneapolis.

Prince GETTY IMAGES

A law enforcement official said Thursday that among the things investigators are looking at is whether a doctor was on a plane that made an emergency landing in Illinois less than a week before Prince died.

The official said investigators are looking at whether Prince overdosed on the plane and whether an overdose killed him, and at what kind of drugs were involved.

Prince died April 21. An autopsy has been performed, but results weren't expected for three to four weeks. THE ASSOCIATED PRESS

U.S. ELECTION

Donald Trump mocked over 'woman's card' comment

Republican presidential candidate Donald Trump's claim that Hillary Clinton is playing "the woman's card" has drawn intense backlash, from the Democratic front-runner herself as well as tens of thousands of critics on social media.

"If fighting for women's health care and paid family leave and equal pay is playing the 'woman card,' then deal me in," Clinton said in Philadelphia as she celebrated wins in four out of five of Tuesday's Democratic primaries.

Trump had levelled the "woman's card" accusation Tuesday after his own five-state primary sweep.

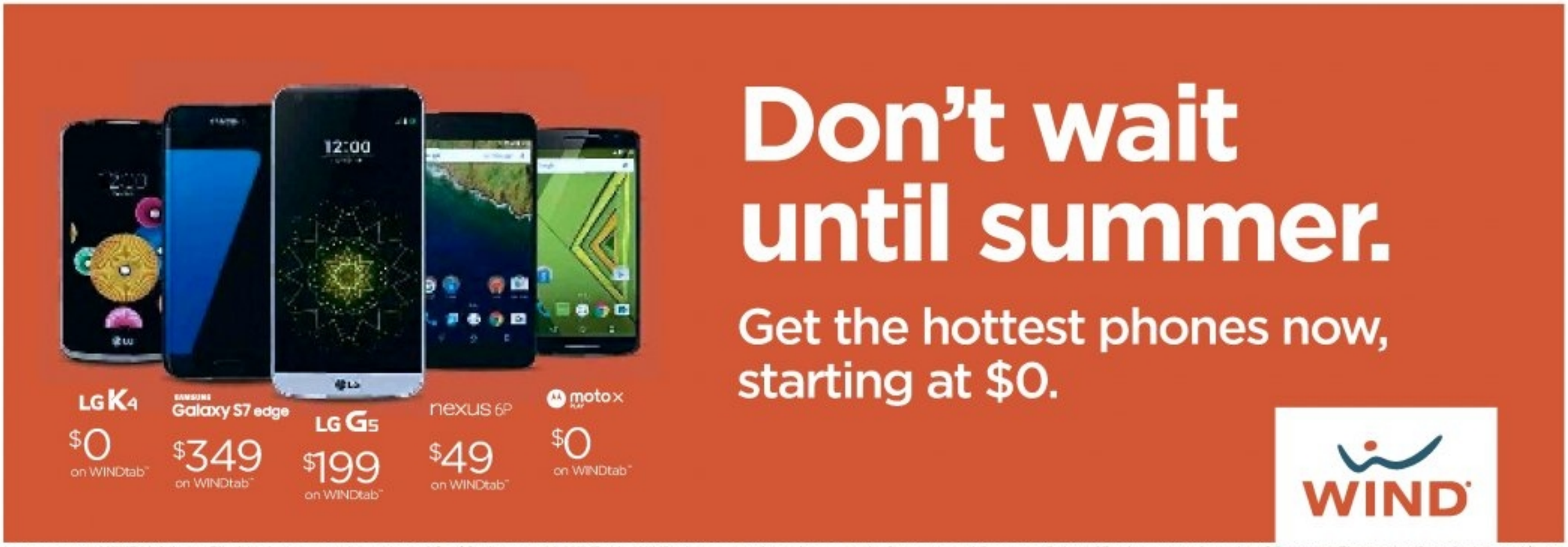
"She's playing that card like I've never seen anyone play it before," Trump said on NBC's Today Thursday.

"All I'm doing is bringing out the obvious, that without the woman's card, Hillary would not even be a viable person to even run for a city council position."

Trump's remarks prompted social media hashtags like #dealmein and #womancard, the latter ranking among the top 10 global trending topics on Twitter Wednesday, with more than 45,000 tweets by late afternoon.

Voters also circulated video of Mary Pat Christie, the wife of Trump backer and New Jersey Gov. Chris Christie, who stood behind Trump during his victory speech Tuesday and looked as though she was rolling her eyes as he made those comments.

The exchange highlights Trump's perilous standing among female voters who could help propel Clinton to the White House. THE ASSOCIATED PRESS



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In the first quarter of 2016, global tablet sales fell a further 10 percent. However, there is hope in the form of 2-in-1 devices and hybrids. ISTOCK

Sales of tablets go into the tank

TECHNOLOGY

But devices still remain popular among consumers

Consumers have officially fallen out of love with tablets and are having their heads turned by larger smartphones and more powerful 2-in-1 devices instead.

Everyone laughed when Microsoft unveiled the first Surface Pro and claimed that the future was in touchscreen PCs, not tablets. But the latest data from Strategy Analytics, published Thursday, shows that Microsoft was clearly on to something.

In the first quarter of 2016, global tablet sales fell a further 10 percent. Just 46.5 million devices were shipped — the lowest recorded amount in more than three years. Apple, Samsung and Lenovo have all seen the popularity of their devices slide, yet at the same time, devices running Windows are on the upswing.

Shipments grew 82 per cent year-on-year and now these tablets — essentially touchscreen PCs — have a 13 percent market share, which is impressive considering that the iPad's share is currently 22 percent.

46.5M

The number of devices shipped in the first quarter of 2016. This is the lowest amount recorded in more than three years.

On Wednesday, IDC's latest figures regarding the health of the global smartphone market showed that popularity is still growing — 334.9 million devices were shipped during the first quarter of 2016 — but at a slower rate.

IDC attributes it to saturation. The smartphone is officially ubiquitous and the typical handset now sports a display on par with a compact tablet. This move from phone to phablet is also helping to make the traditional tablet obsolete as a device.

But, according to Strategy Analytics, there is still life in the tablet market when it comes to premium devices like the iPad Pro and the Surface Pro.

"The key for Apple and major Android and Windows vendors will be how aggressively they pursue the enterprise and prosumer markets with their 2-in-1 Tablets, which is still a growing segment," said Peter King, Strategy Analytics Research Director, Tablet & Touchscreen Strategies service. AFP

VOLUNTEERS NEEDED
FOR BRAIN RESEARCH STUDIES

If you are interested in becoming involved please contact *Valarie O'Neill* at the Pacific Parkinson's Research Centre at *604-822-8691* for more information.

We are looking for healthy men between the ages of 19 & 85 and healthy women between the ages of 30 and 85 who are interested in participating in research using P.E.T. (Positron Emission Tomography) brain scanning.

Potential candidates should **not** have Parkinson's disease, depression, or other memory or mood disorders; should **not** be on regular doses of ASA/Aspirin (81 mg/day **is** allowed), anti-inflammatories (Advil, Ibuprophen etc), or treatment for Gout; nor have a first degree relative with Parkinson's disease. Female candidates cannot participate if they are pregnant or breastfeeding.

UBC
Pacific Parkinson's Research Centre
UBC Faculty of Medicine
Vancouver Coastal Health Authority

COMMUNITY PADDLING DAY

PRESENTED BY: CONCORD PACIFIC

The Dragon Zone Paddling Club and Creekside Kayaks are pleased to announce the first Community Paddling Day of 2016! Explore Vancouver from the water.

Come out and try dragon boating or kayaking for FREE.

45 minute dragon boat paddling and kayak sessions begin at 12:30pm, 1:30pm or 2:30pm.

To reserve go to dragonzone.ca, email info@dragonboatbc.ca or call 604.688.2382.

Hot dogs and pop available by donation.

When: April 30th 2016, 12:30pm to 3:30pm.
Where: Creekside Community Centre,
 # 1 Athletes Way, Vancouver BC.

DRAGON ZONE Paddling Club www.dragonzone.ca

Creekside Kayaks www.creeksidekayaks.ca

For more information about dragon boat programs visit dragonzone.ca, email info@dragonboatbc.ca or call 604.688.2382

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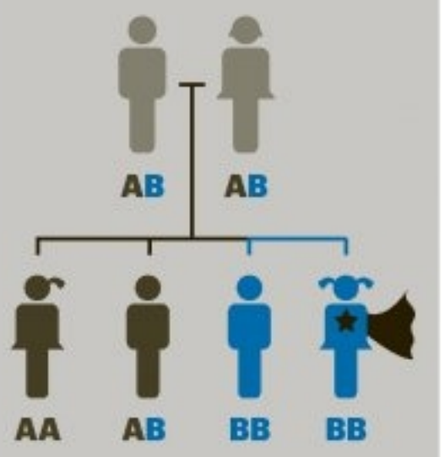
SNEAKY SELFIES
Motion-sensor cameras are being set up around the world to peek at what animals do when no people are around.

DECODED Genetic superheroes

THE MUTANTS LIVE AMONG US

Forget the X-Men. There are real-life superheroes (two kinds!) all around us. Some have genes that give them special powers to rival The Avengers. Others have mutations that should have given them ghastly diseases, but they're fine. **Why? No one knows (yet)**. But these freaks of nature — in the best sense — might hold the keys to treating some of the trickiest medical conditions we know of.

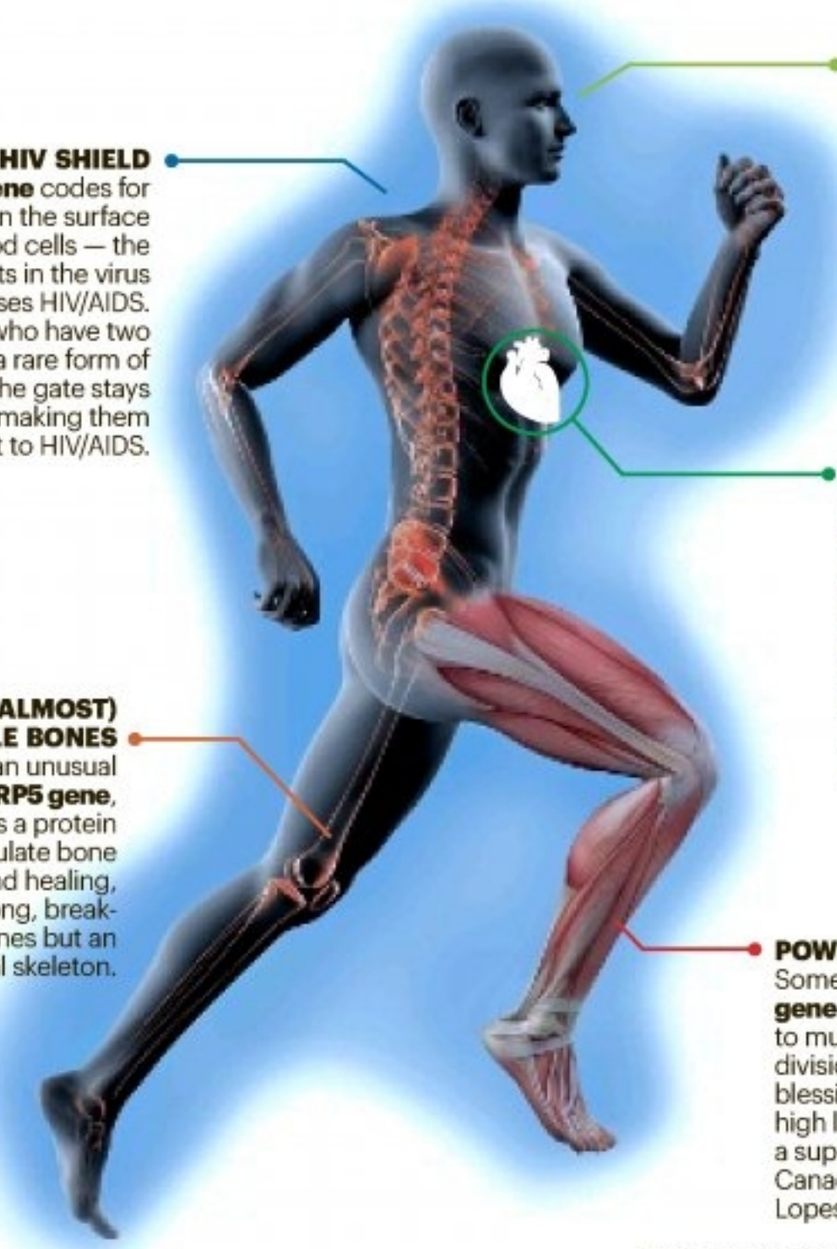
13 MYSTERY MUTANTS



Researchers sifted through the **DNA profiles of 589,306 people** and cross-referenced them with medical records. After checking and re-checking, they found 13 people who had the genes for severe genetic disorders but no disease.

Consider the family above: Both parents are carriers of the lung disease cystic fibrosis (CF). One of their children got both the bad (**B**) genes and therefore CF. Another kid got the exact same genes but is perfectly healthy.

Nobody knows how these superhumans pulled this off, but scientists think some might have another mutation that counteracts the first.



HIV SHIELD
The **CCR5 gene** codes for a protein on the surface of white blood cells — the gate that lets in the virus that causes HIV/AIDS. In people who have two copies of a rare form of this gene, the gate stays closed — making them resistant to HIV/AIDS.

(ALMOST) UNBREAKABLE BONES
People with an unusual change to the **LRP5 gene**, which creates a protein that helps regulate bone development and healing, have super-strong, break-resistant bones but an otherwise normal skeleton.

SUPER-COLOUR VISION
Several genes on the X-chromosome code for light-sensitive proteins in the cone cells of our eyes. A few women with a mutation that causes them to have an extra type of cone might be able to distinguish colours the rest of us can't.

LONG LIFE
It's theoretical at this point, but a small group of people who lived to a ripe old age with very few health problems share a rare form of the **COL25A1 gene**, which is involved in the development of the brain plaques that plague people with Alzheimer's.

POWERFUL MUSCLES
Some changes to the **LMNA gene** cause devastating changes to muscle development and cell division. But one mutation is a mixed blessing: it can cause dangerously high levels of blood fats but also a super-lean, muscled physique. Canadian Olympic hurdler Priscilla Lopes-Schliep famously has this trait.

SOURCE: NATURE BIOTECHNOLOGY, 04/11/2016; CELL, 04/21/2016
GRAPHIC: ANDRÉS PLANA/METRO

CITIZEN SCIENTIST by Genna Buck

Should I be scared of sunscreen?

How do I choose a relatively chemical-free sunscreen? — Anna, Winnipeg

Thank you for this question! This is my favourite topic ever!

First: All sunscreens contain chemicals (also, everything is a chemical). I know that what you mean is active ingredients.

Sunscreen protects against sun damage, and sun damage causes skin cancer. Just five bad sunburns in your teens increase your risk by 80 per cent. (Oops).

Maybe you always stay in the shade wearing a hat and a long shirt and pants over your swimsuit. No? Then every time you forego sunscreen, you take a risk.

So. Let's talk "chemicals."

Sunblocks (often marketed as "natural") contain nanoparticles of zinc or titanium. They're a bit pasty and they physically block sunlight. There's very little research on nanoparticles' health effects, but no indication that they're dangerous or unhealthy.

Conventional sunscreens contain chemicals that absorb UV light. Oxybenzone is the one people freak out about. There's not much research, but oxybenzone seems to disrupt sex hormones — at least, in rats that ate the equivalent of a 150-pound person drinking 10 bottles of SPF 60 sunscreen per day.

In a more realistic study, there was no significant difference in hormones among people who were slathered with concentrated oxybenzone cream for four days, compared to controls.

We don't know much about the long-term risks and benefits of sunscreen. Who remembers what kind of sunscreen, and how much, they were using in 1979?

Living scientifically is all about making the best choices we can with the evidence at hand.

I think the risk of skin cancer outweighs the hypothetical risks of chemicals. Just use sunscreen. It doesn't matter what kind.

Science Question? Tweet @genna_buck

FINDINGS
Your week in science

ROAD RAGE RESEARCH
Psychiatrists at McGill University have found that incorrigible drunk drivers and serial speeders have different personalities and hormonal responses to stress than people who pass politely on the highway.

AMAZING AMAZON
Where the mouth of the mighty Amazon river meets the Atlantic lies a previously unexplored underwater world. It's a coral reef system with "the most amazing and colourful animals," according to study author Patricia Yager — and it's already under threat from ocean acidification and oil exploration.

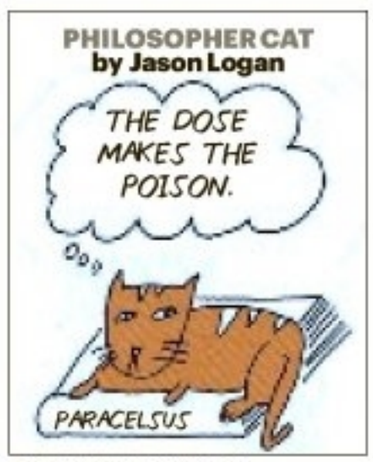
SOUND SMART

PRION DISEASE

DEFINITION
Prions are rogue proteins that take on an abnormal shape and force other, healthy proteins to do the same, leading to **prion diseases**. Bovine spongiform encephalopathy (**mad cow disease**) is a contagious prion disease.

USE IT IN A SENTENCE
"Some reindeer in Bruce's herd are looking very thin. I hope they haven't got CWD, that contagious, fatal **prion disease** that has mysteriously broken out in Norway."

PHILOSOPHER CAT
by Jason Logan



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Substance on top of a smile

CAREER

Julia Roberts' work shows she likes biting into meaty movie roles

Richard Crouse
For Metro Canada

Julia Roberts is one of the biggest female movie stars of all time.

With a career box office north of $2 billion, she and her megawatt smile were the stuff of blockbusters throughout the '90s and early 2000s.

She was everywhere, and then, somewhere around the time Jennifer Lawrence was celebrating her 13th birthday, Roberts stepped away. Not completely, but she jumped off the Hollywood treadmill, doing what movie stars who have nothing left to prove do.

That is, whatever she wanted. She stayed out of view, voicing a couple of animated movies and popping up in the occasional film, some high profile — like the ensemble of Ocean's Twelve; some not, like Fireflies in the Garden — but the days of solo Pretty Woman-esque success were, by her own choosing, behind her.

By and large, her choices became a bit more eclectic as she relied less on the famous smile and more on flexing her acting muscles.

Since 2004's Closer her filmography has been splintered between crowd-pleasers like Eat Pray Love, dramas like August: Osage County and misfires like Secret in Their Eyes.

This weekend she's back working with Garry Marshall, the director who helped make her famous. She's starring in Mother's Day, her fourth collaboration.

The pair make a movie roughly every 10 years, from 1990's Pretty Woman to Runaway Bride in 1999 to 2010's Valentine's Day to this year's entry, and their combo usually delivers big box office.

In between the commercial films she makes with Marshall, Roberts makes a movie a year. While they haven't always connected with audiences, many are worth a look.

Duplicity is a romantic comedy about espionage. Imagine if Rock Hudson and Doris Day starred in Mission Impossible. Instead you have Roberts as an experienced CIA officer looking for a change and Clive Owen as a charming MI6 agent.

Both left the world of international intrigue for the infinitely more profitable task of corporate security. Together they launch an elaborate plan of corporate dirty tricks to steal a top-secret formula that will revolutionize the cosmetics industry.

Roberts and Owen are witty and charming and Duplicity, with its entertaining performances and stylish look, is a bit of fun despite its convoluted story.

August: Osage County, an all-star remounting of Tracey Letts's hit Broadway play, gives Roberts her juiciest role in years. As Barbara she's a bit of an enigma. She's a jumble of mixed, complicated emotions, capable of both great kindness and compassion but able only to express herself through tough love.

When she explodes she lets loose a lifetime of rage stemming from her mother's (played by Meryl Streep) mistreatment. When they go head-to-head it is the clash of the titans and an unforgettable scene.

Finally, there's Larry Crowne, a boomer comedy aimed at audiences with memories long enough to remember when gas only cost 54 cents a litre, none of your neighbours had foreclosure signs on their front lawns and Tom Hanks and Roberts ruled the box office.

It's an uplifting comedy about middle age, brave enough to tackle modern problems like downsizing and foreclosure, but non-challenging enough to weave all the bad stuff into a pseudo romantic comedy. Hanks and Roberts cut through the material like hot knives through butter and Julia treats audiences to one of her trademarked laughing scenes.

Julia Roberts in Pretty Woman, her first collaboration with Garry Marshall. She now stars in a new movie of his: Mother's Day. PRETTY WOMAN HANDOUT

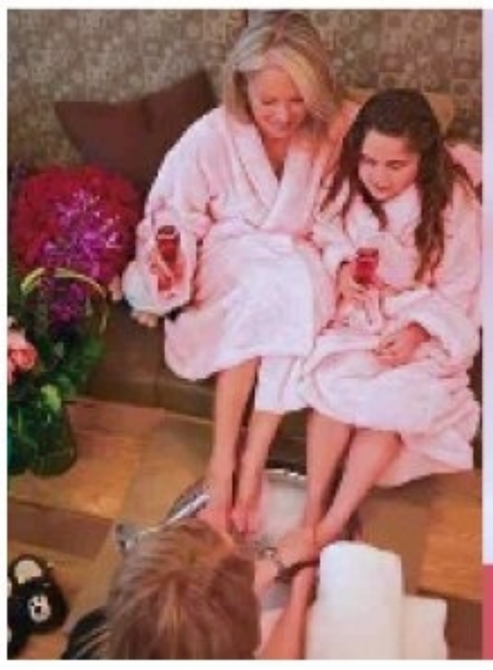
> **Roberts jumped off the Hollywood treadmill, doing what movie stars who have nothing left to prove do.**

MOVIE RATINGS by Richard Crouse

Mother's Day	★★
Keanu	★★★
Ratchet & Clank	★★
Green Room	★★★★
Precious Cargo	★★

HOW RATING WORKS

★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT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The trebled history of the saxophone

THE DEVIL'S HORN

Documentary looks at instrument's bizarre history

Richard Crouse
For Metro Canada

The sexy and seductive sound of the saxophone is as close to the cooing voice of a loved one as any instrument can be. Yet, for that very reason the instrument has had a long and storied past ripe with more intrigue than any James Patterson thriller. In the new documentary The Devil's Horn director Larry Weinstein walks us through the sax's wild, woolly and supposedly cursed history.

"It is one of these things where truth is stranger than fiction," he says.

"Certainly the life of (inventor) Adolphe Sax is terribly bizarre. From the near deaths he had as a child to the jealousy of instrument makers who actually tried to kill him, twice, and burn down his factory, it looks entirely fictionalized but everything we say about him is true. Then he got this cancerous growth that was so large he couldn't eat or drink or breathe. By the time he was ready to come back to work his patents had run out. He died in total poverty."

The idea of the cursed instrument seems to have originated with its inventor. "Adolphe Sax himself had this dream that devils with saxophones were pulling people to hell."

The movie describes how sax icons Charlie 'Bird' Parker, John Coltrane and many other players of the "devil's instrument" battled heroin addiction, creating sounds so carnal and voluptuous they were outlawed by everyone from the Nazis (who banned the sax from the Earth) to the Vatican. Movie studios barred it from soundtracks and it put the sex in sex, drugs and rock n' roll.

"I always thought when they talked about it sounding like a human voice they meant the timbre of the saxophone. Like the human voice, the sax has alto, tenor, soprano and bass, but I think it also has to do with the fact that it can bend and growl, that it can moan and weave around seductively. Also, you can play with so little air it can whisper but it can also scream and be much louder than most of the other brass instruments."

Of course the horn and its players aren't truly cursed but Weinstein says, "other instrumentalists have those problems and they exist in classical music too, but for some reason not to the extent that saxophonists have suffered."

Using a mix of archival footage and new interviews with musicians like Colin Stetson and Giuseppi Logan, Weinstein gets past that catchy concept to make a compelling case for the sax as more than a symbol of depravity and immorality and Mr. Sax as "one of the greatest geniuses in the history of music."

"The problem with the saxophone is you pick it up, blow into it and there is a beautiful rich sound right away. Adolphe Sax made it so people who can't play well sound good. That's the genius of the guy.

"All other instruments evolved out of other instruments. This guy, in about 1840 said, 'I want to make an instrument with this sound and I'm going to have to make it brass and give it the mouthpiece of a clarinet and the fingerboard of a flute.' And he invented it. Most people if they looked at an 1846 saxophone they would think it looked like a modern saxophone and the sound is almost the same."

Filmmaker Larry Weinstein. CONTRIBUTED

The Devil's Horn features interviews with jazz musician Giuseppi Logan. CONTRIBUTED

SQUAMISH NATION TRADES CENTRE

Squamish Nation Trades Centre recruiting First Nations individuals. Status, Non-status, Métis or Inuit people to participate with the following funded programs located in North Vancouver:

Introduction to Construction Worker—Scaffolding
May 9 - July 15, 2016

Piping Foundation
May 9, 2016 - January 27, 2017 / 36 week program)

Carpentry Foundations
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Retread, remake, repress

SUMMER PREVIEW

Little stomach for risk-taking among pricey blockbusters

From left: Melissa McCarthy, Kate McKinnon, Kristen Wiig and Leslie Jones in Ghostbusters, opening July 15. COLUMBIA PICTURES

Hollywood's summer, which kicks off with the fittingly combative Captain America: Civil War, will be a season of struggle: for box office, for originality and for opportunity.

More than ever, the big tent of summer moviegoing is held up by a forest of tent poles stretching from May to August. The swelling size of the summer movie has turned the season into a game of survival. The possibility of bombing lurks as an ever-present threat, testosterone often dominates in front of and (especially) behind the camera, and few non-sequel, non-reboot films dare to compete.

Box office and stress levels run high in equal measure.

"It's a different landscape than 2002 when the first Bourne movie came out," says Matt Damon, who returns to the franchise in Paul Greengrass' Jason Bourne on July 29. "It's like a high-stakes poker game that I don't want to be in. The swings are just so brutal. Ben (Affleck) just opened Batman v Superman a few weeks ago. Everyone around him and in his life was nervous about it."

This season is particularly risk-adverse. Out of the 33 films coming from the major studios, only 12 aren't a sequel, reboot or based on an already popular property, such as a video game or bestseller. Take comedy and horror out of the equation and you're left with just a handful of originals.

One of them is Jodie Foster's Money Monster on May 13, a thriller about a brash financial news pundit taken hostage on the air, starring George Clooney and Julia Roberts.

Foster's film is doubly rare. She's one of only two female filmmakers helming major studio releases this summer. Though equality remains a year-round issue, the constricted summer months can reveal Hollywood at its most retrograde.

"It's interesting to me that the studio system still sees women as a risk," says Foster, who wonders if women ultimately even want to inherit some of the kinds of films that dominate the summer.

"There are movies that are part of the system we may not be that interested in embracing. I think that more women in the film business will look slightly different than it's looked in the past for men."

Paul Feig's Ghostbusters reboot, coming July 15, stars four of the funniest comedic performers around: Melissa McCarthy, Kristin Wiig, Kate McKinnon and Leslie Jones. With that lineup, Feig relishes heading into "the big guns of summer."

This summer includes a number of anticipated sequels (Finding Dory, Star Trek Beyond, Alice Through the Looking Glass), the expected superhero films (Civil War, Suicide Squad, X-Men: Apocalypse) and some less-likely resurrections (The Legend of Tarzan, Ben-Hur, Independence Day: Resurgence). Recent history is clear: These will be among the summer's biggest hits. Last summer (the second-biggest ever with nearly $4.5 billion in box office), seven of the top 10 movies were remakes, sequels or came from a comic book. Ditto for four of the top five movies so far in 2016.

THE ASSOCIATED PRESS

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You had us at cattle drive

FORT WORTH

Former frontier town comes of age

We've lined Exchange Ave. in the Stockyards National Historic District to see modern-day cowboys at work in the heartland of the city.

Here they come at 11:30 a.m. sharp — five men and a lone woman sitting tall on American quarter horses and dressed all 1880s style in chaps and vests.

But we mostly have eyes for the 16 Texas Longhorns they're "driving."

They're as gorgeous as cattle get, what with dramatic horns and mixed colouring.

"These guys have run a couple of times and it's frightening," whispers trail boss Kristin Jaworski. "We want them to go as slow as possible. Nice and calm."

This is more like a walking of the steers than a Pamplona-style running of the bulls. We're told to stand on the sidewalks, probably so we can make a quick getaway if the castrated male cows suddenly go wild.

Exchange Ave., which has been temporarily blocked to traffic, quickly reverts to normal.

The trick is to come early and chat up the "cowboys" who are playing drovers. That's the name for the diverse group of people — men, women, African Americans, Native Americans, Mexican vaqueros (cowboys) — that drove Texas Longhorns from South Texas to Kansas along the Chisholm Trail during the cattle drive era of the late 1800s.

In Texas, you go big or go home. The twice-a-day cattle drive down Exchange Avenue is a case in point. Right: Woodshed Smokehouse's Mexican corn. FORT WORTH CONVENTION AND VISITORS BUREAU; WOODSHED SMOKEHOUSE

Fort Worth, you had me at cattle drive. And then there's the Stockyards National Historic District, 15 blocks of Old West meets Wild West meets Truly Texas.

This former frontier town won't be standing in the shadow of Dallas, Austin and San Antonio for much longer.

It's carving its niche as the "City of Cowboys and Culture." To me, it means you can watch a concert at Panther Island Pavilion while floating on inner tubes. The city has an ambitious Trinity River Vision project to create an entire waterfront community.

At the Stockyards Stables, grad student Lacey Jensen saddles up horses for us, just steps from Exchange Ave. We head out through a hotel parking lot, across a busy street and along the Old Chisholm Trail.

"You can ride your horse down here and eat at a restaurant, which is pretty crazy," Jensen confides.

Be sure to stay at the Stockyards Hotel. Bonnie and Clyde were guests in 1933 and their actual room is booked months in advance. This hotel oozes Old West charm and the rooms open with old-fashioned keys instead of swipe cards. You'll find earplugs beside your bed.

"Sometimes it gets pretty wild around here and the walls are thin," advises front desk staffer Erik Chipman.

The earplugs are officially called "cowboy silencers — the cure for loud cowboys."

JENNIFER BAIN/TORSTAR NEWS SERVICE

TO-DO LIST

Loud music
There's music everywhere, starting at Chief Records in the Stockyards. I caught ticketed shows at Billy Bob's Texas and the Live Oak Music Hall & Lounge.

Fast cars
The Texas Motor Speedway complex boasts the world's largest high-def video board nicknamed Big Hoss.

Good eats
I was wowed by chef Tim Love's Woodshed Smokehouse, where "new Q" means lamb brisket, smoked Texas peanuts with chili salt, "today's animal," and brisket-stuffed piquillo peppers with bone broth.

Jennifer Bain was hosted by the Fort Worth Convention and Visitors Bureau, which didn't review or approve this story.

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The Los Angeles Rams selected quarterback Jared Goff with the No. 1 pick in the NFL draft

The wheel of fortune

The odds:
Maple Leafs 20%
Oilers 13.5%
Canucks 11.5%
Blue Jackets 9.5%
Flames 8.5%
Jets 7.5%
Coyotes 6.5%
Sabres 6%
Canadiens 5%
Avalanche 3.5%
Devils 3%
Senators 2.5%
Hurricanes 2%
Bruins 1%

A glimpse at who has the best chances to land the No. 1 draft pick on Saturday (and get the right to presumably select Auston Matthews)

NHL

Chances are top pick goes to Canadian club

The two Canadian teams never to pick first overall will have their own special lucky charms for the upcoming NHL draft lottery.

"We're sending hopefully what will be a lucky Irishman," Calgary Flames general manager Brad Treliving said of team president Brian Burke. "We're just banking on him."

"Our lucky charm is Trevor," Vancouver Canucks GM Jim Benning said of team president and former captain Trevor Linden. "We're due for some good luck."

Canadian teams have a 68.5 per cent chance of landing the top pick at Saturday's lottery, led by the Toronto Maple Leafs at 20 per cent and Edmonton Oilers at 13.5 per cent.

Beyond the Oilers, who have secured the first overall pick four times in the past six years, Canadian NHL teams have rarely picked first historically.

The Flames and Canucks have never done so.

Calgary's highest pick was fourth overall in 2014 (Sam Bennett) while Vancouver has picked as high as second, including in 1988 with the selection of Linden. Two other teams, the Maple Leafs and Winnipeg Jets (as the Jets and not the Atlanta Thrashers), have picked first only once in their respective histories, but neither in more than 30 years.

Montreal and Ottawa have owned the top selection multiple times, but not since 1980 for the Canadiens and 1996 for the Senators.

The two GMs of the clubs never to pick first are approaching the lottery well aware that the odds are stacked firmly against them. Vancouver has only an 11.5 per cent chance of landing the top spot, Calgary a touch below that at 8.5 per cent.

> **This is just another chance to add one more piece to the puzzle.**
> Canucks GM Jim Benning

"That translates into a 91 per cent chance you're not going to be there," Treliving said in an interview. "And so I've tried to look at things in the realm of percentages and odds of things taking place. You've got to be prepared for the more likely scenario of not being there."

Benning concurred, noting the possibility of the Canucks falling as low as the sixth overall pick and the preparation that comes with potentially picking lower.

The NHL will use the lottery system to draw the first three picks for the first time.

The Canucks GM has seen each of the top three projected prospects, Auston Matthews as well as Finnish wingers Patrick Laine and Jesse Puljujarvi, eight to 10 times in person and has a good handle on what each might bring.

"I know those guys very well," he said, describing each as an immediate NHL contributor.

Matthews, an American centre who played this past season in Switzerland, is generally thought to be a foregone conclusion at No. 1.

"Would it surprise me if Auston went first? No, it wouldn't," Treliving said with a touch of sarcasm. "He's a wonderful player. He's a talent. (But) he's not the only talented player in this draft, there's others. So we'll see how it all plays out."

THE CANADIAN PRESS

NHL PLAYOFFS

Oshie plays hero for Washington

T.J. Oshie completed a hat trick in overtime to give the Washington Capitals a 4-3 victory over the Pittsburgh Penguins on Thursday night in a classic start to the highly anticipated second-round playoff series between Alex Ovechkin and Sidney Crosby.

Oshie's wraparound goal 9:33 into overtime of Game 1 stood up after video review once it was definitively shown that the puck went over the goal-line.

Vezina Trophy finalist Braden Holtby made 42 saves, and Andre Burakovsky also scored for the Capitals.

Pittsburgh's Matt Murray stopped 43 shots. Ben Lovejoy, Evgeni Malkin and Nick Bonino scored for the Penguins.

THE ASSOCIATED PRESS

GAME 1 In Washington

CAPITALS	PENGUINS
4	3

NHL IN BRIEF

Bergeron up for third Selke

Boston Bruins forward Patrice Bergeron has a chance to win his third straight and fourth total Frank J. Selke Trophy after the NHL announced its three finalists on Thursday.

Bergeron, along with Anaheim's Ryan Kesler and Los Angeles' Anze Kopitar, were nominated by the Professional Hockey Writers' Association for the trophy that is awarded "to the forward who best excels in the defensive aspects of the game." THE CANADIAN PRESS

Tough guy Orr calls it quits

Former NHL tough guy Colton Orr has retired after a 13-year professional career.

Orr played 477 career NHL games with the Boston Bruins, the New York Rangers and Toronto Maple Leafs, piling up 1,186 penalty minutes.

The six-foot-three, 225-pound Winnipeg native only managed 12 goals and 12 assists in his NHL career, but his fighting ability won him an NHL job.

THE CANADIAN PRESS

CFL

Lions: Elimimian back in good health

The B.C. Lions say linebacker Solomon Elimimian has fully recovered from the Achilles tendon injury that ended his 2015 season.

The CFL's most outstanding player two years ago, Elimimian ruptured the ligament in a game against the Hamilton Tiger-Cats in August.

Lions head coach and general manager Wally Buono met the media after the CFL club's off-season workout on Thursday and said Elimimian will be a full participant when training camp opens next month in Kamloops, B.C. THE CANADIAN PRESS

> **He's doing stuff right now that when you look at, makes you excited for 2016 for him.**
> Wally Buono, Lions head coach

NBA PLAYOFFS HAWKS SHUT THE LIGHTS ON CELTICS
Paul Millsap and Al Horford of the Atlanta Hawks defend a shot by Jae Crowder on Thursday in Boston. Millsap had 17 points and eight rebounds, and the Hawks advanced to the second round with a 104-92 Game 6 victory. MADDIE MEYER/GETTY IMAGES

With guns blazing

RAPTORS BACK TO INDIANAPOLIS

Coach Casey has his players treating Game 6 as a must-win

The Toronto Raptors have played like two different teams at times in their first-round NBA playoff series against the Indiana Pacers.

There was the squad that looked bewildered in Games 1 and 4, and there was the team that resembled the side that won 56 regular-season games in Games 2 and 3. Game 5 had a bit of everything — a brutal start, flashes of brilliance, frequent lulls, a stirring comeback and a nailbiting finish as the Raptors barely hung on for the win.

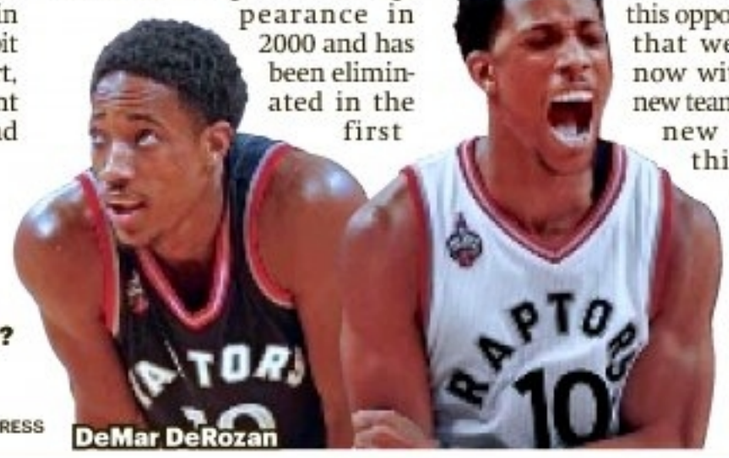
Now armed with a 3-2 lead in the best-of-seven series, head coach Dwane Casey will have his players treat Friday's Game 6 as if it's a must-win contest.

"We can't go and get ambushed," Casey said. "We've got to go in with our high-beams on, laser-like focus from the start of the game to the end of the game."

An Indiana win at Bankers Life Fieldhouse would put the pressure squarely on the Raptors, who do not exactly have a glowing playoff history. Toronto made its first post-season appearance in 2000 and has been eliminated in the first round on six of seven occasions.

Which Raptors team will show up for Game 6 — the bewildered-looking club in Games 1 and 4, or the focused group that capped a Game 5 comeback victory?

LEFT: RON HOSKINS/NBAE VIA GETTY IMAGES
RIGHT: FRANK GUNN/THE CANADIAN PRESS



DeMar DeRozan

The Raptors' lone second-round appearance came in 2001 after they beat the New York Knicks in a best-of-five series. Toronto was swept out of the first round by the Washington Wizards last year and fell in seven games to the Brooklyn Nets in 2014.

"What happened two years ago is in the past. As well, what happened last year is in the past," said Raptors forward Patrick Patterson.

"So to think about it, to dwell on it, none of us really do that. We're focused on this opportunity that we have now with this new team, these new faces, this new coaching staff and this brand new opportunity."

The players seemed loose and relaxed during a lunch-hour practice session at BioSteel Centre on Thursday afternoon before their flight to Indianapolis. Game 7, if necessary, would be played Sunday at Air Canada Centre.

Several Toronto players have taken a turn in the spotlight over the first five games.

Toronto centre Jonas Valanciunas posted strong numbers as the Raptors split the first two games at home. All-star guards DeMar DeRozan and Kyle Lowry rebounded after slow starts to help Toronto take Game 3 while forward Bismack Biyombo was one of the few bright spots in a Game 4 loss.

Biyombo, DeRozan and rookie Norman Powell helped the Raptors complete a comeback win at home in Game 5 to regain control of the series.

"One night, one guy might not have it," Casey said. "But that doesn't mean you give up on him and throw him in the waste bin. We've got to be consistent."

THE CANADIAN PRESS

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RECIPE Muffaletta Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Why make a sandwich when you can create an over-stuffed version that packs a secret flavor punch—olives.

Ready in
10 minutes

Ingredients
- 1 loaf of bread
- 1 Tbsp olive oil
- 2 Tbsp black olive tapenade
- 1 cup roasted red peppers, sliced into strips
- 2 cups mozzarella, sliced
- 2 handfuls of fresh basil
- 8 to 10 pieces of thinly sliced ham or prosciutto
- 1 or 2 tomatoes, thinly sliced
- 1/2 cup green olives, sliced

Directions

1. Use a serrated knife to cut off the top third of the loaf of bread. Tear away the interior bread leaving about one inch, including the crust. Brush the inside of the top and bottom pieces with olive oil. Spread the tapenade on the underside of the top and set aside.

2. Begin layering. You can't go wrong. First lay down the red peppers and get them into every corner. Next, lay down the mozzarella and cover with basil leaves. Ham could come next, then olives and tomatoes. If your bread is deep enough, repeat. When you're done, place the top on and gently press down.

4. Wrap the whole thing in parchment or cling film. Place it on a plate with something heavy on top. Put it in the fridge over night.

5. When you're ready to serve, unwrap your sandwich and cut into the loaf with a serrated knife.

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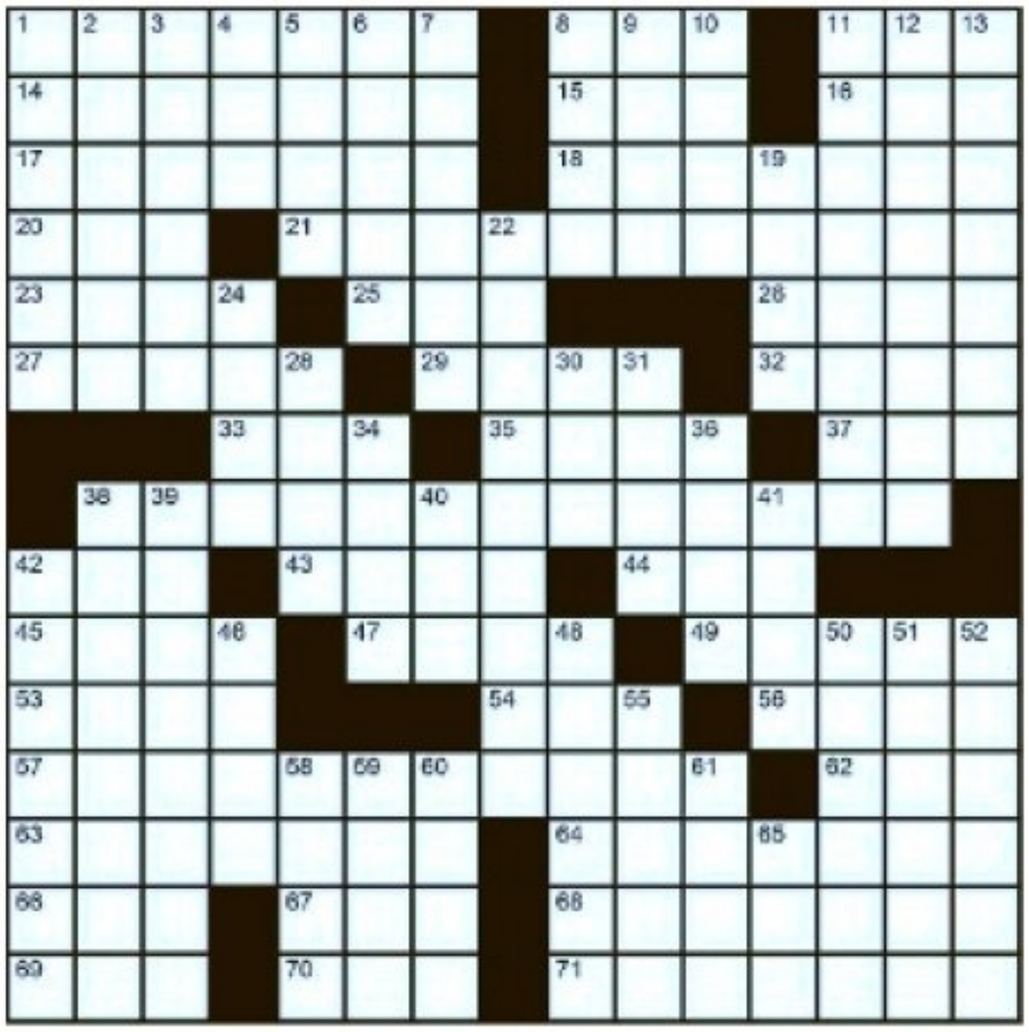
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sizeable topical story: 2 wds.
8. Charlotte's Web author Mr. White, et al.
11. Bob & Doug utterances
14. What the key signature of the F Major scale consists of: 2 wds.
15. Bus, e.g.
16. Beaufort _
17. Saskatchewan's provincial fish
18. A credit is due to you if you do this
20. MLB's Cardinals, on scoreboards
21. Western accessories: 2 wds.
23. Even
25. Fire: French
26. Cinder-like
27. When to stop when driving: 2 wds.
29. Dullsville
32. Muck
33. "Phooey!"
35. Aggravate
37. Froms opposites
38. "The Littlest Hobo" theme song: 2 wds.
42. Saloon supply
43. Drive-_ (Type of restaurant)
44. Suit neckwear
45. "Behold!" to Brutus
47. Suspire
49. Recognizes
53. Synonyms book, for short
54. Bricks carrier
56. Almond tone
57. April 29th, 2011: Abbey where Prince William married Kate
62. Pourboire
63. Pointed-to spot where a mouse might be hiding: 2 wds.
64. Retro recording record
66. Sun. delivery
67. Puny parasite
68. Become frozen up: 2 wds.
69. 'Trick' suffix
70. Initials-sharers of #3-Down's portrayer
71. Roofing beams

DOWN
1. Greets with reverence: 2 wds.
2. How sardines are packaged: 3 wds.
3. Ross on "Friends"
4. Gr. on ESPN
5. Util. bill
6. By _ _ (Via)
7. _ tomatoes
8. Cooking oil, to Rachael Ray
9. Bunch
10. 1958 novelty hit "The Purple People Eater" by _ Wooley
11. Canadian hockey brothers Phil or Tony
12. England's famous international airport
13. Accepts the proposal: 2 wds.
19. Rove
22. Jackie _ (England-born Canadian actress who starred on "Road to Avonlea")
24. Resist
28. Financial obligation
30. Archery skill
31. Ink mark on clothing
34. Sly laughs
36. Mr. Estrada of "CHiPs"
38. James A. _ (Pulitzer-winning author in 1948 for Tales of the South Pacific)
39. Family history field
40. Uni + Bi = _
41. Ms. Russo
42. Smarten up: 2 wds.
46. Bible book, e.g.
48. Bunk: 2 wds.
50. Vocalist's interval
51. Margaret Atwood's profession
52. Apt. building managers
55. Vintage record label for Bing Crosby
58. Heal
59. 'Eye' flower
60. Meshworks
61. Coral _
65. Sum, shortly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
In the next three weeks, you will be able to attract money. You might find a better-paying job, or you might see a way to make money on the side.

Taurus April 21 - May 21
Buy wardrobe items in the next three weeks, because this is the perfect time to do so. You will enjoy doing this, because you like what you see in the mirror.

Gemini May 22 - June 21
Secret love affairs and flirtations will occur for some in the next few weeks. Others will seek out opportunities to enjoy solitude in beautiful surroundings.

Cancer June 22 - July 23
A friend might become a lover in the next few weeks. Basically, friendships, especially with creative, artistic people, will be warmer.

Leo July 24 - Aug. 23
A romance or a flirtation with your boss is likely in the coming month. Meanwhile, someone will ask you for your creative input in the next few weeks.

Virgo Aug. 24 - Sept. 23
Travel for pleasure will please you in the next three weeks. If you can't travel, enjoy learning something new that expands your horizons.

Libra Sept. 24 - Oct. 23
It will be easier for you to get a mortgage or a loan in the next three weeks. This is also a good time to negotiate financial matters with others.

Scorpio Oct. 24 - Nov. 22
Fair Venus moves opposite your sign today to stay for the next three weeks improving all your relations with close friends and partners. Nice benefit.

Sagittarius Nov. 23 - Dec. 21
Relations with co-workers will improve in the next few weeks. Some of you will get a raise, and most certainly praise for your efforts on the job.

Capricorn Dec. 22 - Jan. 20
If you can slip away on a vacation in the next few weeks, you will love it! Romance, love affairs, playful excursions and the arts will delight you.

Aquarius Jan. 21 - Feb. 19
Go ahead with redecorating ideas for your home in the next few weeks, because this will please you. This is also a good time to be open to real-estate opportunities.

Pisces
Feb. 20 - March 20
You can make money from your words in the next three weeks. This is an excellent window of time for those in sales, marketing, teaching, acting and writing. Ka-ching

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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4	7	2	6	5	3	9	8	1
2	8	7	1	3	6	4	9	5
3	1	5	4	9	7	8	6	2
6	4	9	5	2	8	3	1	7

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FINAL WEEKEND

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PLUS MUCH MORE

NAOMI
Bedroom Set includes Headboard, Footboard Rails, Dresser, Mirror
*Matching Night Table & Chest available.
Compare at $1949
$999

TABLE & 4 CHAIRS $488

ROCKSTAR BED $388
Queen Size Leatherette Bed
FURTHER REDUCED!

HIGH END MATTRESS SALE

HOT PRICE all sizes available

GOOD (BRONZE)	BETTER (ANNIVERSARY)	BEST (RACHFORD)
QUEEN PILLOWTOP MATTRESS	QUEEN PILLOWTOP MATTRESS	QUEEN PILLOWTOP MATTRESS
$249	$499	$599

LOWEST PRICE GUARANTEED ON HIGH END MATTRESSES

4 PIECE BEDROOM SET $688
4 Pieces - Queen Bed, Dressor, Mirror, Night table (Matching Chest + Night Tables also available) Available in Cherry & Black
Regular $1388

HOLLYWOOD $1388
Modern Leather Sectional with Adjustable headrests
Regular $2999

6 CHAIRS WITH GLASS TABLE $298
Regular $599

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"Discover the Difference"
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RICHMOND | 11930 Bridgeport Rd. | 604-244-8384
NEWTON homelife FURNITURE 13486 76 Ave. | 604-591-8813